

HOW TO TALK TO PARENTS ABOUT LEAD



PARENTS ASK: ANSWER:

How do children get lead poisoning?

In NH most children get lead poisoning from lead paint in homes built before 1978. Lead poisoning happens when a child breathes in or swallows lead dust on hands, in soil, or on toys.

What does lead poisoning cause?

Lead poisoning damages children's kidneys and their nervous system, causes learning and behavioral problems, slows development, and more.

How do I know if my child has lead poisoning?

There aren't any typical signs or symptoms of lead poisoning. Having your child's blood tested for lead is the only way to know for sure if they have lead poisoning.

Who can get lead poisoning?

Anyone can get lead poisoning, but children under the age of 6 and pregnant women are at the highest risk for lead poisoning. Children are at particularly high risk, because they tend to put their hands and objects, which may be coated in lead dust, in their mouths.

What can I do to reduce my child's exposure to lead?

- Test your home for lead.
- Keep children and pregnant women out of the home during repairs and renovations.
- Regularly wash children's hands and toys.
- Prevent children from playing in soil that may contain lead.

What is a lead test?

A blood sample will be taken from your child's finger or arm and analyzed to measure how much lead is in his/her blood.

How much does a lead test cost?

Lead tests are free or low-cost with insurance. If you are uninsured and unable to afford the copay here, then you can get your child's blood tested for free at the City of Nashua Public Health Clinic.

 NashuaNH.gov/LEADGreaterNashua

 GreaterNashuaPH  (603) 589-4500

